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# **NORTH DAKOTA MEDICINE**

UNIVERSITY OF NORTH DAKOTA SCHOOL OF MEDICINE & HEALTH SCIENCES

## **The Gift of Caring**

**Grads Provide Excellent Health Care Services Regionwide**

**Needle in a Haystack**

**From Tragedy  
to Triumph**

**The Gift  
of Knowledge**

**SEARCH Party**

**Three-Dimensional  
Textbook**

HOLIDAY 2006  
VOLUME 31, NUMBER 5  
[www.ndmedicine.org](http://www.ndmedicine.org)

**Donor Appreciation Issue**

WHEN I MOVED TO NORTH DAKOTA nearly twelve years ago from Kentucky, our executive team set out with distinct and immediate goals for the UND School of Medicine and Health Sciences; one can't help but reflect and marvel at the end of another successful year to appreciate just how far we've come together.

#### From Dreams to Reality

Our patient-centered learning curriculum continues to be a national role model. Mayo Medical School is revising their curriculum to be like ours and others have taken notice. To be

one of only eight medical schools in the entire nation studied by the Carnegie Foundation as an example of how to educate doctors for the 21<sup>st</sup> century is both an honor and testament to our strong program.

We have been outspoken on the importance of professionalism and offer one of just a few courses on interprofessionalism in the country; others are following our lead.

Our Center for Rural Health is, no doubt, one of the best in the world. We have the only Rural Assistance Center in the nation and over 46 projects underway, connecting resources and knowledge to strengthen the health of people in rural communities.

Progressive research continues in the areas of cancer, diabetes, alcoholism, neurodegenerative disorders, eating disorders, drug addiction, and preventative medicine and behaviors. I am so very proud of our faculty who

are not only excellent teachers but also contribute to new knowledge for treatment and prevention of diseases. We have increased outside funding for research from \$4-6 million to \$16-25 million; attracting excellent faculty and fueling North Dakota's economy.

#### Moving Forward

Like most deans across the country, a major goal of mine for the next few years is to raise endowment money for the school. Our tuition is now at the national average for public medical schools and student debt for the incoming class upon graduation will average \$125,000. We are committed to asking our alumni, friends, foundations and businesses to join us in financial partnerships. **Endowments for professorships, chairs, scholarships and technology will help us retain and attract outstanding students and faculty while minimizing tuition increases.**

So, where does that leave us? With our record of success, we continue to set lofty goals and are striving to be the top community-based school in the country. We must assure through private philanthropy that we have the resources to maintain a quality institution and assure future students the outstanding education we continue to deliver. I hope you will join me in this quest.

Best wishes for a happy, healthy holiday season!



H. David Wilson, M.D.  
Vice President for Health Affairs and Dean





## NORTH DAKOTA MEDICINE

UNIVERSITY OF NORTH DAKOTA  
SCHOOL OF MEDICINE AND HEALTH SCIENCES

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Regional and North Dakota communities such as Carrington (above) rely on UND graduates to provide health care services.



**S**ARA SOLBERG, M.D. '00, IS EXUBERANT. She fairly bubbles over when talking about her practice, her patients and the path which led her to medical school at UND and eventually home again to Williston.

Solberg practices the full range of obstetrics-gynecology with **Beverly Tong, M.D.**, at Great Plains Women's Health Center. The practice also includes a certified nurse midwife, **Kerry Raghieb, BSN '76**, and a certified women's health nurse practitioner, **Sheri Skalsky**. Solberg and Tong are faculty members in obstetrics-gynecology with the UND medical school.

"We have great patients," Solberg says, noting that from the moment they opened the doors in 2004, "It was like 'boom!' we had a practice. It's going well."

The clinic draws from a wide area spanning eastern Montana and Stanley, Crosby, Noonan, Kenmare, Watford City and Mandaree, ND, she says. "We have the New Town IHS (Indian Health Service) contract, so we take care of those patients too."

A native of Helena, MT, Solberg has lived in Williston "since second grade on," she says. She graduated high school there in 1991 and enrolled at Montana State University where she majored in microbiology.

"I really didn't make the decision to go to medical school 'til my fourth year of college. I was going to go into research," she says, probably in a university setting. After college, she worked for a year teaching chemistry and microbiology lab classes at UND-Williston State College.

"Back then I was doing a lot of virology and recombinant DNA."

But she thought about the researcher's life, the constant pressure to secure grant support for one's work, and the necessity of living in a metropolitan area.

"I had a change of heart," she says. "I knew (as a researcher) I'd be somewhat limited in where I would live. It's a tough way to make a living."

"I began to think about what I could do with my love of science and something with more 'people contact'."

Medicine fit the bill.

She was admitted to the UND medical school where "the quality of the education was excellent," she says. "The basic sciences as a whole were very good."

She credits **Tom Hutchens, M.D.**, clinical assistant professor of obstetrics-gynecology, Bismarck, and **Craig Johnson, M.D.**, a former faculty member who practiced in Bismarck, as influencing her decision to pursue obstetrics-gynecology.

Like most UND medical alumni, upon graduation she received one of her top choices in residency training; she headed off for four years in Amarillo, TX. But she stayed on the radar screen of Williston physician, **Joseph Adducci, M.D.**, clinical professor of obstetrics-gynecology, who was determined to convince her to return home.



"Dr. Adducci started talking to me early on" in her residency training, she remembers. Although she and her husband, **Russ**, considered other places, they chose to settle in Williston.



Sara Solberg, M.D. '00, enjoys practicing obstetrics and gynecology in her hometown.

Family "had a huge impact on our decision" to come back to the area, she says. She and Russ have a three-year-old daughter, Emma, and nine-month-old son, Garrett. Russ farms with his parents, **Glenn and Donna Solberg**, near Williston. Sara's parents, **Bill and Marilyn Rudoph**, also reside in Williston.

They "are a huge help," she says. "I couldn't do it without them."

#### **Devils Lake is a Grad Magnet**

For **Derek Wayman, M.D. '03**, a family physician with a strong interest in obstetrics and pediatrics, choosing to practice in Devils Lake fit his lifestyle and career goals.

"I enjoy the Midwest and wanted to work in a small town where I can concentrate on obstetrics," he says. Since starting his practice this fall at Altru Clinic-Lake Region, "it's already been very busy; it's fun."

Originally from Montana, Wayman attended the UND medical school through the Western Interstate Commission for Higher Education program. As a medical student he received numerous awards for academic achievement and high potential for success in family medicine.

During his third year of medical school, he received training at West River Health Clinics in Hettinger through the school's Rural Opportunities in Medical Education (ROME) program which he says reinforced his desire to practice family medicine in a rural community.

He and his wife, Abbey, have two children, a son, Bridger, 3, and daughter, Brooke, five months.

"He's great!" **Elonda Nord**, manager of Altru Clinic-Lake Region, says of Wayman. "We're so happy to have him. He knows his stuff, and people like him."

Residents of the Devils Lake area also benefit from other UND alumni who have chosen to practice there, Nord says, including physician assistants **Ginger Collins, PA '00**, and **Jodi Melander, PA '97**, and nurse practitioners **Stephanie Zieman, MSN '05**, and **Amy Cox, MSN '97**.

The medical school "has been very good for the state," says **Marlene Krein**, president and CEO of Mercy Hospital in Devils Lake. "And we always hope we can have doctors come back and practice here," like **Wayman; Heidi Bittner, M.D. '91; Richard Johnson, M.D. (B.S. Med. '72); James Klinkenbeard, M.D.**, and **Terry**

**Klinkenbeard, M.D.**, both 1988 psychiatry program grads, and others.

Since Mercy Hospital is a teaching site for the medical school, she said, "Having the students here, really, it's been a blessing because it keeps our staff on their toes. It's good because it provides an exchange of new knowledge that's being taught and our current ways of providing care.

"It helps us build a newer foundation," she says, "and keeps us on the cutting edge of health care."

"We've been lucky to recruit 'homegrown physicians'," she notes, adding that "it's just an added bonus if they understand the culture, they know the expectations of the patients."

In addition to medical and mid-level practitioners, hundreds of allied health graduates of UND are providing care for people around the region, such as **Jennifer Pederson, DPT '06**, who is excited to be working as a physical therapist at Select Therapy in Devils Lake.

"It's something different every day," she says. "There's always a new challenge."

Pederson is the daughter of **Roger** and **Carol Pederson** who farm near Starkweather where she was born, raised and attended high school. She started out at UND as an accounting major, but soon realized this was not the career for her.

"I like numbers but I thought, 'I don't think I'll be happy with this long-term'."

After observing a few physical therapists around the state, she switched to physical therapy and seems very pleased that she did.

"It's an opportunity to make a difference in these people's lives," she says. "It's amazing how much they appreciate what you do for them. If you can make a person feel even 50 percent better, you can make a huge difference in this person's life.

"That's what makes it for me!"

The education she received in preparation for her career in physical therapy was "top notch," Pederson says, noting that all the faculty members were excellent. In particular, **Reed Argent, MPT '94**, of Minot, was



**Derek Wayman, M.D. '03**, began his family medicine practice this summer at Devils Lake. He cares for patients of all ages, but has a special interest in obstetrics and pediatrics.

"spectacular; he's very much about quality of care. He probably had the greatest influence (on me) clinically."

As a recent graduate, she is also





"It's always something different every day," says Jennifer Pederson, DPT '06, a physical therapist in Devils Lake. "It's an opportunity to make a difference in people's lives."

grateful for the "strong network" of faculty members and classmates.

"Even out of school, I feel 100 percent comfortable to call professors and say, 'Hey, I've got this situation. What do you suggest?'"

"That's huge for me!"

## Enhancing Psychiatric Care for Native Americans

In Belcourt, much-needed services in mental health care have enhanced the local medical community with the decision by **Eric Swensen, M.D. '02**, to establish his medical practice at the Quentin N. Burdick Memorial Healthcare Facility in Belcourt.

Swensen recently completed four years of training in psychiatry at the UND medical school's residency program in Fargo. At Belcourt, he is practicing general psychiatry, providing care for adults, children and adolescents.

A member of the Aleut Tribe of Alaska, he was enrolled at the UND medical school through its Indian Into Medicine (INMED) program.

"This is more evidence for the UND medical school and the INMED program that the partnership is working, serving North Dakota Indian populations especially well," said **Richard Larson, M.D. '82**, acting clinical director at the Burdick Healthcare Facility and clinical assistant professor of family and community medicine with the medical school.

## Garrison and Valley City's New Docs

**Jon Dornacker, M.D. '02**, began his practice in September at the Garrison Memorial Hospital and Clinic. He completed family medicine residency training at the UND Center for Family Medicine-Bismarck in July.

A native of Mayville, he earned the Bachelor of Science degree with a major in biology and chemistry in 1987 at Mayville State University. He also earned a law degree from the UND School of Law in 1991 and practiced law for seven years in Grand Forks, Carrington and Bismarck.

Becoming a physician was something "I have always wanted to do," he says, so eight years ago he enrolled at the UND medical school.

He chose to pursue training in family medicine because "You're on the front lines, where you get to see the people," he says. "You do a little bit of everything, helping infants to the elderly. You're not specialized into one niche."

## The University of North Dakota School of Medicine and Health Sciences currently provides North Dakota with:

41% of its Physicians

91% of its Physical Therapists

62% of its Occupational Therapists

75% of its Physician Assistants

45% of its Clinical Laboratory Scientists

30% of its Athletic Trainers

88% of its Cytotechnologists

Dornacker, who has been doing locum tenens work at Garrison for the past year got to know the staff at the hospital and found that the <sup>a</sup>nurses were great, the people were great, the town was great & it was just a great experience.<sup>o</sup>

He and his wife, Kristy, have two children, Alexander, 8, and Cassandra, 6. The family resides in Garrison.

In Valley City, **Jithender Kandimalla, M.D. (Surgery Residency 06)**, a recent graduate of the UND's five-year general surgery residency program has established his practice with MeritCare Clinic Valley City.

Kandimalla earned the medical degree at Osmania Medical College in Hyderabad, India in 1991 and a master's degree in general surgery from Ghandi Medical College in Hyderabad in 1995. He took advanced training in Liverpool, United Kingdom; Glasgow, Scotland; and the Bronx, NY.

Kandimalla specializes in the surgical treatment of a wide range of diseases and conditions which involve the breast, stomach, esophagus, pancreas, gall bladder, lower intestines, hernia and abdomen.

His wife, **Sridevi Gowravaram, M.D.**, a pediatrician, also practices at MeritCare Valley City Clinic. They and their two sons, Akhil and Praval, reside in Valley City.

### Essential Element

<sup>a</sup>We know that our state's medical school has made a huge difference on the impact of our entire system,<sup>o</sup> says **Jim Long**, chief executive officer at

West River Health System (WRHS) in Hettinger.

The extraordinary medical center, where 15 physicians practice, has benefitted greatly from the infusion of UND medical grads who years ago built it into a premiere rural health care facility.


An important teaching site for UND medical students, the WRHS maximizes its time with students to begin to interest them in a possible future career based in Hettinger.

<sup>a</sup>It's a good experience for students to see us, and consider us in the future,<sup>o</sup> he says.

<sup>a</sup>UND is a prime source of recruiting for us. It's a prime source for information and support through the Center for Rural Health.<sup>o</sup>

<sup>a</sup>We give a lot of credit to the existence of the medical school for our success.<sup>o</sup>

That success has spurred the WRHS to launch a \$7 million building and renovation project, which is expected to get under way in earnest next spring.

<sup>a</sup>The UND School of Medicine and Health Sciences and its graduates are imperative to the future of delivery of health care in the state of North Dakota,<sup>o</sup> says Kim Miller, president and CEO of Mercy Hospital in Williston. People who have grown up here and who know the state are more likely to practice here and to stay here. <sup>a</sup>It's so critical.<sup>o</sup> 

-Pamela D. Knudson

**"Its graduates are imperative to the future of delivery of health care in the state of North Dakota,"**

**Kim Miller,**  
president and CEO of  
Mercy Hospital in Williston

# Needle in a Haystack

## Geneticist Gives Family Answer to Elusive Diagnosis

WHEN HER SON, MARKIE, WAS STILL an infant, **Gretchen Noah** of Fargo knew something was wrong.

"I have three older children and I know what a child does at what stage," she says.

The family consulted physicians in Fargo and Rochester, MN.

"We went through many eyes, and they'd say, 'he's fine; he's just tiny,'" she says. People told her and her

husband **Mark Noah, BSPT 87**, "you've been to Mayo; let it rest."

But Gretchen could not be placated.

"It's lonely at undiagnosed. It's frustrating."

Markie was not correctly diagnosed until **John Martsolf, M.D.**, professor of pediatrics, Grand Forks, recommended the child be tested for Smith-Lemli-Opitz Syndrome (SLOS), a genetic disorder that occurs in one of 40,000-60,000 births and results in the body's inability to properly metabolize precursors of cholesterol.

In the ten steps the body uses to produce cholesterol, Markie "does the very last step

wrong," Gretchen says, sounding every bit as knowledgeable and well-read as the health professional. Because the body is missing a specific enzyme necessary in the production of cholesterol, the result "is toxic to the brain" and leads to various abnormalities.

"He had a number of the symptoms," she says. "He had global delays (developmental delays spanning many areas), a heart condition, a pushed-up nose, his thumb and first finger are dwarfed... (yet) he's one of only 10 percent who does have a regular cholesterol level," making his a very mild case and therefore difficult to detect.

In the fall 2004, at the age of 11 months, Markie was brought by his family to see Martsolf, North Dakota's only clinical geneticist, to help unravel the mystery.

Martsolf recommended the family seek a second opinion and requested tests be conducted by laboratory scientists at Mayo, where Markie's results showed slightly elevated levels of a particular cholesterol precursor that suggests the existence of SLOS.

Markie's "bloodwork was so mild that they wouldn't positively" diagnose the syndrome, Gretchen says. The family went further to seek advice from the Kennedy Krieger Institute at Johns Hopkins University School of Medicine in Baltimore where more elaborate, sensitive tests were conducted. Eventually they were invited to the clinic of **Forbes Porter, M.D., Ph.D.**, an internationally recognized specialist in this field at the National Institutes of Health in Bethesda, MD, where the SLOS diagnosis was confirmed.

Markie has "one of the mildest cases (the doctors) have ever seen," Gretchen says. "Dr. Porter told us it was 'a great find' for Dr. Martsolf to have spotted it, and that even he, Dr. Porter, would have had a tough time seeing it."



Professor John Martsolf, M.D., made "a very good call" by recommending that Markie Noah (left) be tested for a rare genetic disorder, Smith-Lemli-Opitz Syndrome.



Generally, <sup>a</sup>pediatricians, neurologists and developmental pediatricians tend not to recognize SLOS in the mild form,<sup>o</sup> Forbes says. <sup>a</sup>The mild presentations are the hardest to diagnose since they do not have the classical appearance, so this was a very good call by Dr. Martsolf.<sup>o</sup>

<sup>a</sup>Children with SLOS have autistic features, thus understanding the pathophysiological processes that underlie SLOS could provide insight into a more common disorder such as autism,<sup>o</sup> he explains. <sup>a</sup>If there is a connection between cholesterol metabolism and autism, understanding the pathophysiological problems in mild cases of SLOS will potentially be very helpful.<sup>o</sup>

Forbes <sup>a</sup>was just giddy about Markie,<sup>o</sup> Mark recalls, because his case <sup>a</sup>may help drive the treatment for thousands of kids with autism,<sup>o</sup> the focus of a very large, new initiative. Because symptoms of autism and SLOS are similar, there's speculation that some children with SLOS may be incorrectly diagnosed as autistic.

Why is it so important to have the correct diagnosis in such cases?

According to Martsolf, <sup>a</sup>You can't really talk to the parents about what to expect and about the chances that it would occur again in future children until you have the right diagnosis.<sup>o</sup>

<sup>a</sup>As awful as the syndrome is, it's so much worse to be undiagnosed,<sup>o</sup> Gretchen says. <sup>a</sup>We slipped through every crack... It took a geneticist to say, `yes, he has the almond eye, he has the pincher grip.'<sup>o</sup>

<sup>a</sup>We're very, very fortunate. When Markie was first diagnosed, he was severely delayed. Now everything's going great. He runs, he talks, he's on to four-word sentences  $\pm$  and we expect great things from him.<sup>o</sup>

<sup>a</sup>Our son wouldn't have been diagnosed (with SLOS) without Dr. Martsolf,<sup>o</sup> Mark says.

<sup>a</sup>I'm so unbelievably grateful that Dr. Martsolf picked it up,<sup>o</sup> says Gretchen. <sup>a</sup>I'm so grateful to him for a number of things *he did right*.

<sup>a</sup>I'd love for everybody possible to know that we have an excellent geneticist!<sup>o</sup>



With Dr. Martsolf's (above) help, "Now everything's going great" for Markie, says Markie's mother, Gretchen Noah of Fargo

-Pamela D. Knudson

WEB EXCLUSIVE: visit [www.ndmedicine.org](http://www.ndmedicine.org) to learn more about Markie Noah



## Pediatrics Department to Host Genetics Conference

The Department of Pediatrics has received a \$10,000 grant from the Dakota Medical Foundation to conduct a conference on genetics and health care next spring in Fargo.

The grant will be used to organize and present the conference, <sup>a</sup>Hearing Hoofbeats and Thinking Zebras: Screening, Testing and Management of Children with Genetic Disorders,<sup>o</sup> set for April 23-24 at the Fargo Ramada Inn.

Sponsored by the Division of Medical Genetics, part of the pediatrics department at the UND medical school, the event is intended for primary health care providers, especially family physicians, pediatricians, nurse practitioners and physician assistants.

It will focus on North Dakota's newborn screening program as well as the diagnosis, treatment and management of infants who have been identified as having Smith-Lemli-Opitz Syndrome (SLOS) or other metabolic disorders.

By law, every infant born in North Dakota is screened for 37 disorders, some of which <sup>a</sup>are difficult to treat and some must be treated quickly<sup>o</sup> to avoid sickness or death of the child or potentially serious, lifelong consequences, according

to **John Martsolf, M.D.**, professor of pediatrics and director of the Division of Medical Genetics at the medical school.

<sup>a</sup>It is important that front-line, primary care health providers know what to do if they have a patient who's been detected with a disorder from the newborn screen,<sup>o</sup> he said. <sup>a</sup>Proper emergency management of children with metabolic disorders is critical.<sup>o</sup>

Martsolf, North Dakota's only clinical geneticist, says conference participants will also explore <sup>a</sup>how the state's newborn screening program is working and how the follow-up has gone,<sup>o</sup> he said. The event also will provide <sup>a</sup>a forum for discussion of the resources available in North Dakota for these children.<sup>o</sup>

The title of the conference, <sup>a</sup>Hearing Hoofbeats and Thinking Zebras,<sup>o</sup> refers to the need for health care providers, when presented with common signs and symptoms, to think of the unusual or uncommon possibilities, Martsolf said.



WEB EXCLUSIVE: visit [www.ndmedicine.org](http://www.ndmedicine.org) for more information or to register

# From Tragedy to Triumph

Athletic Training Students Experience Continuation of Care through UND Center for Sports Medicine



Athletic training student Brie-Anne Woitas measures the strength of a patient's leg using an isokinetic testing machine, one of the many pieces of rehabilitation equipment students become familiar with while doing rotations at the UND Center for Sports Medicine.

FEW KNOW OR EVEN THINK ABOUT what happens after an athlete is injured during a game. No matter the side, the crowd supplies the requisite applause as the hobbling competitor is helped to the sidelines by the athletic trainer. However, the athletic trainer's work does not end there. In the weeks, or even months, ahead, both the athlete and the trainer work hard to get him or her back in the game.

The Division of Sports Medicine within the Department of Family and Community Medicine at the University of North Dakota (UND) School of Medicine and Health Sciences has been offering a Bachelor of Science in Athletic Training degree since 1991.

According to the National Athletic Trainers' Association, certified athletic trainers are health care professionals who specialize in preventing, recognizing,

managing and rehabilitating injuries that result from physical activity. As part of a complete health care team, the certified athletic trainer works under the direction of a licensed physician and in cooperation with other health care professionals, athletics administrators, coaches and parents.

The athletic training degree at UND is one of just a few in the country to be part of a medical school and the only one in the nation to be in a family and community medicine department.

<sup>a</sup>I came to UND because I really liked that the program was based at the med school,<sup>o</sup> said **Brie-Anne Woitas**, a senior athletic training student who grew up in Albert Lea, MN.

<sup>a</sup>Our connection to the medical school is very important,<sup>o</sup> said **Steven Westereng (BSAT '94)**, director of the Division of Sports Medicine. <sup>a</sup>It allows us to truly educate our students as part of the health care team.<sup>o</sup>

**“Rehab isn’t a cookbook formula. Some need to be pushed and others need to be held back.”**

Steven Westereng, director of the UND  
Division of Sports Medicine

#### **Center for Sports Medicine**

Not all programs have a sports medicine clinic, either. Where rehabilitation experience is limited for students in other athletic training programs, UND students do regular rotations at the division's Center for Sports Medicine located in the Hyslop Sports Center on the UND campus.

The Center for Sports Medicine is an outpatient physical therapy clinic providing comprehensive care for sport, recreational and orthopedic injuries. The center also serves as a teaching facility for sports injury care for athletic training, physical therapy and medical students.

Both physical therapists and certified athletic trainers, **Cathy Ziegler** and **Robin Paine** supervise the students. For eight weeks at a time for about five hours a week, athletic training students shadow physical therapy staff and do

some independent work with the center's patients. They also learn about a variety of assessment and rehabilitation equipment that they will use in their profession.

<sup>a</sup>Working in the clinic gives us more in-depth experience,<sup>o</sup> said Woitas, who has already been through several clinic rotations. <sup>a</sup>It allows us to take information from the classroom and apply it to real-life situations.<sup>o</sup>

About 30 percent of the center's patients are UND athletes, but the center also treats referred patients with sport-related or orthopedic injuries from UND Student Health Services and the general public.

<sup>a</sup>What students get here that they don't necessarily get in other schools is an opportunity to treat patients of different ages,<sup>o</sup> said Ziegler, who manages the clinic and has been there for 15 years. <sup>a</sup>Because we treat the public, we have patients as young as eight and patients on Medicare.


<sup>a</sup>That's important, because athletic training isn't just treating college athletes,<sup>o</sup> she continued. <sup>a</sup>They might be working with younger children or even in an industrial setting.<sup>o</sup>

#### **From start to finish**

While athletic training students also do rotations with the 21 UND athletic teams, it is at the Center for Sports Medicine where they experience the process of recovery. In the clinic students are exposed to the rehabilitation process from start to completion.

<sup>a</sup>It is important that students spend time in the clinic because injury assessment is such a small part of what they will be doing,<sup>o</sup> said Ziegler. <sup>a</sup>The recovery time and what you do to aid and speed the recovery is an important aspect of what we do.<sup>o</sup>

<sup>a</sup>Rehab isn't a cookbook formula,<sup>o</sup> says Westereng. <sup>a</sup>Some need to be pushed and others need to be held back.<sup>o</sup>

<sup>a</sup>It's amazing seeing an athlete return to the playing field after they experience a devastating injury,<sup>o</sup> said Woitas. 

#### **What are athletic trainers?**

Certified athletic trainers are health care professionals who specialize in preventing, recognizing, managing and rehabilitating injuries that result from physical activity.

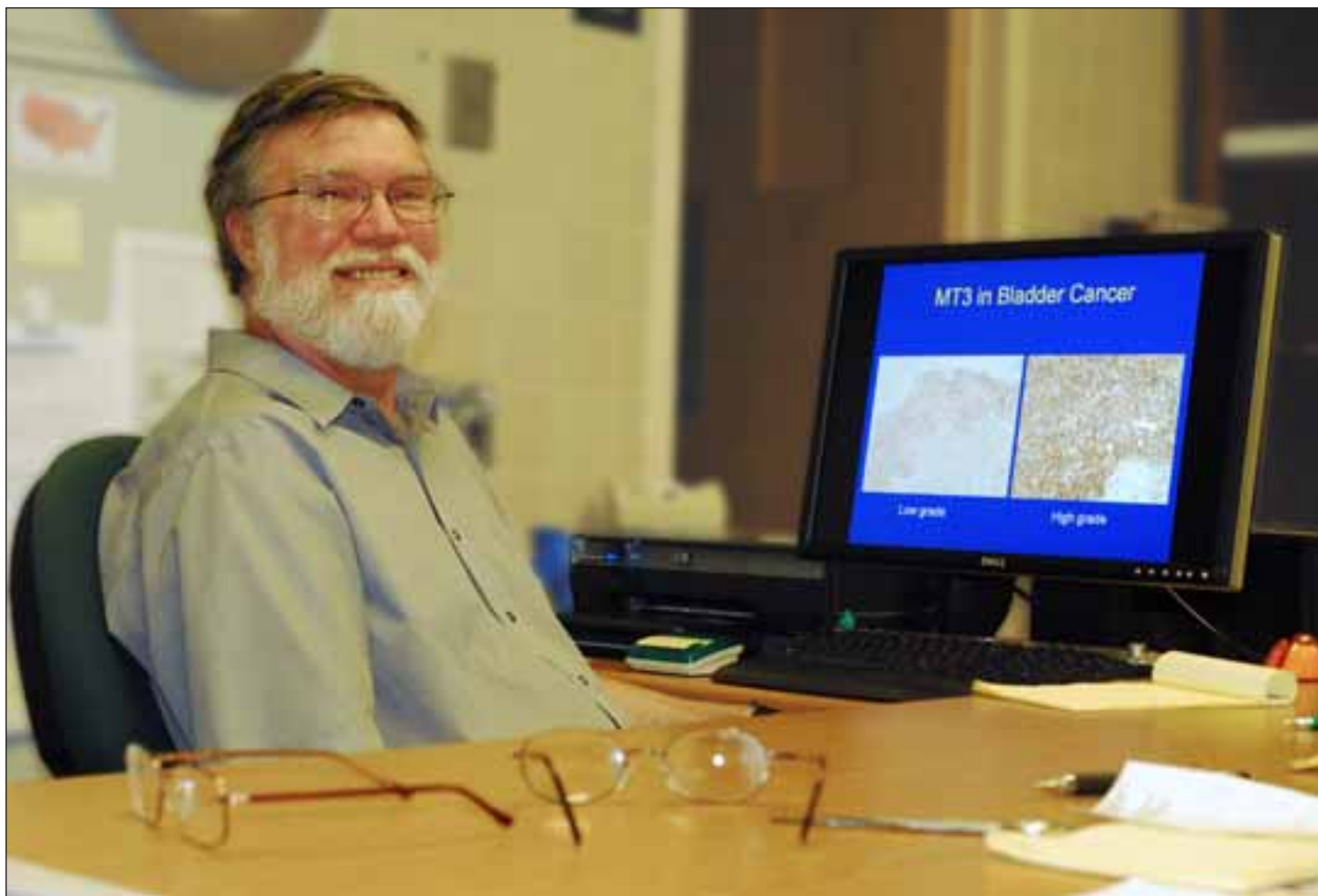
National Athletic Trainers' Association

-Amanda Scurry



# The Gift of Knowledge

## Seeking a Test for Earlier Detection of Bladder Cancer



Donald Sens, Ph.D., professor of pathology, has secured a \$1.4 million grant from the National Institute of Environmental Health to study bladder cancer with MeritCare Health System in Fargo.

**PROFESSOR DONALD SENS, PH.D.,** and his colleagues are betting that their studies will lead them to a new, more sensitive screening test that will reveal bladder cancer earlier.

The National Institute of Environmental Health Sciences, a division of the National Institutes of Health (NIH), is backing that bet with a \$1.4 million grant to fund a four-year study, conducted in partnership with MeritCare Health System in Fargo.

<sup>a</sup>The short-term goal of the research is to improve the diagnosis of bladder cancer,<sup>o</sup> according to Sens, professor of pathology at the UND School of Medicine and Health Sciences, Grand Forks. <sup>a</sup>The long-term goal is to develop a rapid, inexpensive and non-invasive screening test for early bladder cancer in the general population.<sup>o</sup>

The screening test would be a new tool to determine the reoccurrence of bladder cancer in patients who

previously have been diagnosed and treated for the disease, Sens said. Bladder cancer is the fifth most common cancer in North Dakota.

<sup>a</sup>We want to develop a test that's more sensitive than what's currently being used,<sup>o</sup> he said. Such a test <sup>a</sup>will help us spot recurrence (of cancer) earlier so it can be successfully treated. Pretty much, with cancer, the smaller the better.<sup>o</sup>

The test would detect early bladder cancer by determining the presence or absence of metallothionein isoform 3 (MT-3) in cells from a urine sample, Sens said. The collaborative research his team will work on is aimed at determining if MT-3 can be used as an early warning sign, or <sup>a</sup>biomarker,<sup>o</sup> for the diagnosis of bladder cancer in new patients and the reoccurrence of bladder cancer in patients previously diagnosed and treated for the disease.

Those involved in the grant project, titled <sup>a</sup>Metallothionein Isoform 3 (MT-3) as Urinary Marker for Bladder Cancer,<sup>o</sup> will investigate the role of arsenic and cadmium, known heavy metal environmental pollutants, in causing bladder cancer.

Exposure to arsenic is known to increase the risk of developing bladder cancer, Sens said. Both arsenic and cadmium are known to increase the level of MT-3 in bladder cells. **Seema Somji, Ph.D.**, a researcher in Sens' lab, has shown that both arsenic and cadmium can cause normal bladder cells to turn into cancer cells in the laboratory setting.

<sup>a</sup>Our goal is to find out how arsenic and cadmium can turn normal cells into bladder cancer cells and the role of MT-3 in this process,<sup>o</sup> he said.

<sup>a</sup>Like many other states, North Dakota has areas with increased levels of arsenic and cadmium,<sup>o</sup> Sens said. <sup>a</sup>This initiative should lead to earlier detection, screening and understanding of basic biologic behavior in bladder cancer.<sup>o</sup>

The grant reflects the recent NIH initiative to improve human health by increasing teamwork and partnerships in the research enterprise, Sens said. The new initiative supports

interdisciplinary, translational research collaborations between scientists with basic and clinical expertise to advance understanding of the causes, prevention and treatment of environmentally-induced human diseases.

<sup>a</sup>The idea is to get the basic scientists and the environmental scientists working with physicians and other health professionals who deal with patient cases,<sup>o</sup> he said. The federal government is encouraging an interdisciplinary approach to research that is believed to hold greater promise in unraveling the questions still posed by diseases.

This is one of the first grants that links the UND medical school and MeritCare Health System for the purpose of clinical research at the NIH level, he noted. <sup>a</sup>This is really a new collaboration.<sup>o</sup>

The project requires the active participation and cooperation of seven key clinical and basic science researchers at two independent institutions.

At the UND medical school, faculty members involved in the project, in addition to Sens, are:

**Seema Somji, Ph.D.**, assistant professor; **Mary Ann Sens, M.D., Ph.D.**, chair and professor; **Lucy Zheng, M.D.**, assistant professor, and **Xu Dong Zhou, M.D.**, postdoctoral research fellow, all of the Department of Pathology, Grand Forks.

The lead clinical investigator of the research is **Conrad Toni, M.D.**, of the Department of Urology at MeritCare Health System and clinical associate professor of surgery at the UND medical school.

The clinical sample preparation, correlation with pathology specimen and the analysis of the MT-3 in the urine sample are under the direction of **Jerry Baldwin, M.D.**, clinical assistant professor of pathology with the UND medical school and executive partner of pathology and laboratories at MeritCare Health System, Fargo.



Xu Dong Zhou, M.D. (left), and Seema Somji, Ph.D., of the Department of Pathology, analyze samples in the NIH-funded study.

-Pamela D. Knudson

# Three-Dimensional Textbook



At the UND medical school's gravesite in Grand Forks, an interment ceremony is conducted to honor those who donated their bodies for the benefit of education.

<sup>a</sup>THE PURPOSE OF THE DEEDED Body Program is to give the opportunity for people in North Dakota and the region to begin or to continue their teaching career after they're gone,<sup>o</sup> says **Edward Carlson, Ph.D. (Anatomy 70)**, Chester Fritz Distinguished Professor and chair of anatomy and cell biology, Grand Forks. <sup>a</sup>These bodies are teachers.<sup>o</sup>

Teaching is the *only* role of these deeded bodies, he asserts. <sup>a</sup>We don't do medical research on them; we don't look at them as experiments or commodities, but as *acting teachers* ± three-dimensional textbooks.<sup>o</sup>

<sup>a</sup>Because they are human, and have a human quality, they are far more effective than published texts or software. They are not fabricated (like manmade teaching devices); they have emotional, physical and spiritual ties. And every body is a little bit different.<sup>o</sup>

Anatomy textbooks, Carlson notes, <sup>a</sup>present the 'typical' (physical form) variation that occurs most frequently. By analyzing 15 to 20 bodies, students can see the normal *range* of variation. When you get *out* of that range, it becomes 'sick.'

<sup>a</sup>You can't get that from a textbook ± the pictures always look the same; the textbook can't show you everything... Students need to see the *range* of what is normal.<sup>o</sup>

In addition to medical students, those who benefit from learning from the deeded bodies include students in physical and occupational therapy, nursing, athletic training, psychology, forensic sciences and others.

On occasion, a surgeon may request time to come in to study dissection and practice a particular procedure to enhance their skills or prepare for a specific operation, Carlson notes.

The extreme care and concern afforded the donor and family has built the Deeded Body Program an excellent, widespread reputation that has endured over the past half-century or more.

<sup>a</sup>I really treat these donors like my own family,<sup>o</sup> says **Denelle Kees**, medical laboratory technician, Department of Anatomy and Cell Biology, Grand Forks. <sup>a</sup>We treat them with respect, sensitivity and sympathy. They represent a great gift to teaching.<sup>o</sup>

-Pamela D. Knudson

## For Donors and Families to Consider:

- 1) Upon a donor's death, families work with funeral homes regarding their loved ones' wishes to leave their body to the UND medical school, which requires that the funeral home deliver the body to UND.
- 2) There is no limit to the geographic location from which donors will be accepted. Deeded bodies have, on occasion, been flown to UND.
- 3) All bodies used in the education program at UND are cremated at the end of the study. If they wish, families can have a complete funeral before the donor is received at UND or they may choose to conduct a burial after the cremation occurs. (The UND medical school hosts an interment ceremony every three years for those who wish to have their remains interred at the school's gravesite at Memorial Park Cemetery in Grand Forks. Family and friends are invited to this ceremony which is conducted by a member of the clergy.)
- 4) Disease does not disqualify a person from the Deeded Body Program (except for individuals who have hepatitis B or C, HIV-AIDS or Creutzfeldt-Jakob disease).
- 5) Bodies could be part of the education program of the medical school for up to three years, and possibly longer.
- 6) UND does not pay for the body; it does, however, slightly subsidize the funeral home's cost of embalming and transportation.

For more information, please contact: Annette Rieder, Department of Anatomy and Cell Biology, UND School of Medicine and Health Sciences, 501 N. Columbia Road Stop 9037, Grand Forks, ND 58202-9037 or phone: 701-777-2101 or visit [www.ndmedicine.org](http://www.ndmedicine.org).





# Dad's Last Wish

"THE DECISION TO DONATE HIS body makes us all proud and, three years later, I'm still just as proud today," **Kim Polries**, Grand Forks, says about her father, **Robert Miller** who passed away Oct. 11, 2003, at age 69, from complications of diabetes.

A small-grains farmer near Heaton, ND, Miller was hospitalized many times in his final months and always took an interest in the UND medical students and residents-in-training who took care of him in the hospital where his daughter visited him daily.

"He loved having the students and residents come in," she recalls. "He'd say, 'They have to learn somewhere...'"

"Every one who came into the room, he'd have to ask them where they were from and other things... He was very much a 'people person,' he was curious about people, and so comfortable around the students."

Concerning his arrangements with the medical school's Deeded Body Program, he had told his daughter, "If anything happens to me, here are my papers. Just take me to the medical school," she remembers.

Because of that decision, "there wasn't a lot of stress involved" in his passing, Polries says. It "completely answered the questions of what Dad would want us to do at his death."

She's come to understand how important it is for a student to have "that opportunity to see how the body works and is put together, and how it functions," she says. It's much better than "looking at things in a book."

Throughout their association with the medical school, "as a family, we felt our loved one was very respected and very appreciated by the university," she says. They did "not look at these bodies as something disposable, but really that they are human beings."

That feeling was reaffirmed at the graveside ceremony in September 2005



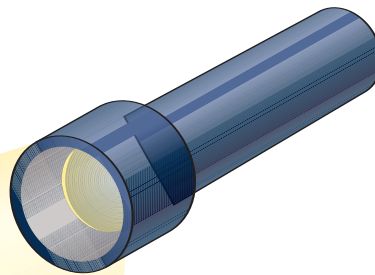
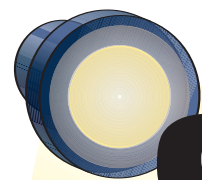
Kim Polries is "very proud" of her father, Robert Miller (in photo), for his decision to donate his body to the education program at the UND medical school.

when her father's remains were interred along with those of 14 other donors.

"Just the way they planned it, the way they handled it, it was very respectful, very dignified," she says. "I was just pleased with what I saw myself. I thought it was very, very nice."



-Pamela D. Knudson



# SEARCH Party

Center for Rural Health program brings together students and communities

## SEARCH students are studying to become:

Physicians  
Nurses practitioners  
Physician assistants  
Social workers  
Dentists  
Psychologists

MANY NORTH DAKOTA communities are searching for emerging health care professionals who have an interest in practicing in rural areas. Many health profession students are searching for practical experience in a clinical setting.

For more than 15 years, the Student-resident Experiences and Rotations in Community Health (SEARCH) program, run out of the University of North Dakota (UND) School of Medicine and Health Science's Center for Rural Health, has provided health profession students an opportunity to spend a month working in interdisciplinary teams in rural North Dakota communities.

<sup>a</sup>The medical experiences reinforced things I learned this year in medical school,"<sup>o</sup> said second-year medical student **Anna Marie DePompolo** in a letter to the editor of the *Herald-Press* in Harvey at the end of her SEARCH rotation there this summer, <sup>a</sup>and I had the opportunity to learn a ton of new things that will aid me as I continue my studies.<sup>o</sup>

Through a federal grant from the National Health Service Corps, SEARCH is open to health profession students from across the country. They come from a variety of programs including medicine, nurse practitioner studies, physician assistant studies, social work, dentistry and, for the first time this year, psychology.

Most of the SEARCH rotations are done over the summer.

<sup>a</sup>This allows the students to keep learning in a fun environment,"<sup>o</sup> said **Mary Amundson (95)**, who runs the program at the Center for Rural Health.

<sup>a</sup>North Dakota offers a learning experience other places don't have. All of our preceptors in all areas are eager to teach and share with the students.<sup>o</sup>

## Mental Health

The addition of doctoral-level psychology students supplies much-needed mental health expertise into communities.

**Holly Dannewitz (02, 05)** is a fourth-year doctoral candidate at the UND psychology department and chose to participate in SEARCH to gain more experience in health psychology. Where most of her clinical work has been in the typical mental health setting, she went to Valley Community Health Center in Northwood in hopes of something a little different.

<sup>a</sup>I was looking to experience the interdisciplinary setting,"<sup>o</sup> said Dannewitz, who now works regularly with a wide array of health care professionals from physicians to administrators to dieticians. <sup>a</sup>I also wanted to work within a health care setting.<sup>o</sup>

But small-town residents are skeptical about utilizing Dannewitz's experience.

<sup>a</sup>They don't want to go to counseling,"<sup>o</sup> said **Roxanne Jonas, M.D.**,

00, a physician in Northwood. <sup>a</sup>They want to take a pill for a week and have their problems go away.<sup>o</sup>

So, instead of sitting down one-on-one, Dannewitz is discovering different ways to help people.

### Filling the Need

While half of the students' time in the community is spent working in a health care facility, the other half is dedicated to a community project.

This project could be an enhancement of a program the health care facility is already doing, or something completely new. Some examples include health education brochures or audits of patient records.

**Sharon Ericson (73, 80)**, CEO of Valley Community Health Center in Northwood remembers previous SEARCH students' projects including a dental clinic, a diabetes collaborative and an end-of-life clinic.

Dannewitz is working with the facility's weight management program. The program includes experts such as occupational therapists, dietitians, nurses and licensed practical nurses, but until Dannewitz's arrival, did not include mental health representation.

<sup>a</sup>The mental health aspect of weight loss is important,<sup>o</sup> said Dannewitz, who spends every Wednesday evening with the weight-management group. <sup>a</sup>It is more than just physical. It has a lot to do with mental and emotional issues.<sup>o</sup>

Now Dannewitz will be doing presentations to the group on issues surrounding the mental aspects of weight loss including body image and emotional eating.

<sup>a</sup>But, all the projects are not necessarily health-related,<sup>o</sup> explains Amundson. <sup>a</sup>Students have coached little league teams, volunteered at the Boys and Girls Club and worked at summer camps.<sup>o</sup>

Students participating in SEARCH are meant to experience life in the community as a whole.

### Two-way Street

Nearly 30 communities throughout North Dakota host SEARCH students

including Beulah, Bottineau, Belcourt, Bowman, Carrington, Cavalier, Cooperstown, Crosby, Elgin, Ellendale, Fort Totten, Fort Yates, Grafton, Harvey, Hazen, Hettinger, Linton, Mayville, New Town, Northwood, Oakes, Rolla, Rugby, Stanley, Trenton, Wahpeton, Watford City and Wishek.

SEARCH serves as an opportunity for these communities to show the advantages of small-town practice and living to potential recruits.

<sup>a</sup>From the second I arrived in Harvey, people opened their homes and hearts to me and went out of their way to include me in activities,<sup>o</sup> said DePompolo. <sup>a</sup>I had a good time getting involved with the community and participating in such things as the track meets, Relay for Life¼ and the Women's Way booth at the county fair¼ It was wonderful to see the talent and community support behind these activities.<sup>o</sup>

As SEARCH is a federal program, it also brings in students from other states to experience life in rural North Dakota, expanding a recruitment base.

Ericson has hosted three medical students and the first two psychology students in Northwood through SEARCH.

<sup>a</sup>We treat it as a long-term recruitment tool,<sup>o</sup> she said. <sup>a</sup>If we can show these students the benefits of living and practicing in a rural community, maybe they will come back.<sup>o</sup>

*“We treat it as a long-term recruitment tool. If we can show these students the benefits of living and practicing in a rural community, maybe they will come back.”*

**Sharon Ericson, CEO**  
Valley Community Health Center,  
Northwood

WEB EXCLUSIVE:  
to read SEARCH student  
journal entries, visit:  
[www.ndmedicine.org](http://www.ndmedicine.org)



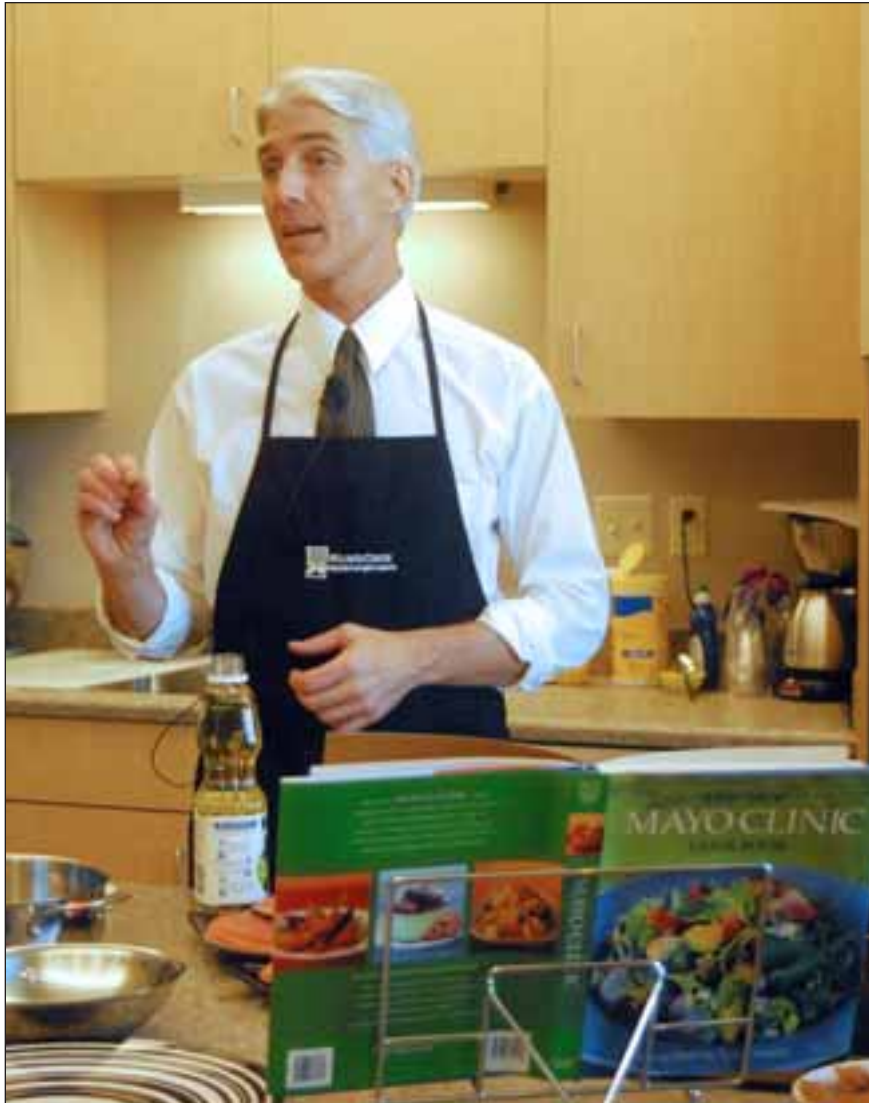
-Amanda Scurry



*Holly Dannewitz (left), a fourth-year doctoral candidate at the UND psychology department, consults with Family Nurse Practitioner Sheri Krogstad.*



# TOP TEN Healthy Holiday Tips



Hensrud performed cooking demonstrations during grand opening events at the new UND Student Wellness Center. He served as editor in chief for “Mayo Clinic Healthy Weight for EveryBody,” a comprehensive and sensible approach to eating healthy, “The Mayo Clinic Plan – 10 Essential Steps to a Better Body and Healthier Life,” and the award-winning “The New Mayo Clinic Cookbook.” He also was instrumental in developing the Mayo Clinic Healthy Weight Food Pyramid.

**By Donald Hensrud, M.D., M.P.H.**  
(’80, B.S. Med. ’82), chair of the Division of Preventive, Occupational and Aerospace Medicine and associate professor of preventive medicine and nutrition at the Mayo Clinic in Rochester, MN.

People gain, on average, just over a pound through the holidays. This doesn’t sound like much but this weight gain usually stays and is cumulative. However, it is possible to enjoy the holidays with family and friends while maintaining weight - and health. It just takes a little planning. Here are the Top Ten Tips for Maintaining Weight, Health, and Enjoyment During the Holidays:

■ Eat something healthy such as a piece of fruit, salad, or some vegetables before going to a party. You’ll have part of your ‘five-a-day’ goal met and are less likely to overeat later.

■ Decide ahead of time what and how much to eat when going to parties. Don’t hang out by the buffet table all night. If you’re still hungry after the first helping, snack on something healthy.

■ Eat breakfast. Studies show eating breakfast is associated with a lower daily calorie intake and better weight management. It doesn’t have to be much; even a couple pieces of fruit (at a whopping 60 calories each!) will help keep the engines burning.

■ Watch portion size. I know, same old advice. But it’s true for high energy-dense foods, not vegetables and fruits (see next item).

■ Fill up on the good stuff. Studies have shown that consuming large amounts of vegetables and fruits can lead to a lower calorie intake.

■ Go for quality instead of quantity. Instead of indulging in a bowl full of M&M’s, have a small piece of the best gourmet dark chocolate you can find.

■ Don’t be too strict. Too much restraint can lead to bingeing. Allow yourself that special treat – just keep the big picture in mind.

■ Stay active with exercise and increase daily activity. We’re all busy - it’s not lack of time, it’s lack of priorities. By going for a walk after lunch, parking farther away while running errands, and making other

'excuses' to take the long way around, you can burn even more calories than in an exercise session. **2**

**1** And the number 1 tip is: Have fun. If you've followed the first 9, you're home free. There isn't any magic when it comes to weight management – calories

in versus calories out determines weight. But planning in a number of little areas can add up to a big difference in weight, health, and feeling a whole lot better while enjoying the holidays. 🌱

## Recipe:

### Mesclun Salad with Radishes, Avocado and Blood Oranges

The mix of gourmet salad greens called mesclun may include oakleaf lettuce, arugula (rocket), frisee, mizuna, mache, radicchio, and sorrel.

Here it is brightened with the red flesh of blood oranges.

Serves 6

- 2 small blood oranges or other oranges
- 1 tablespoon rice vinegar
- ½ teaspoon Dijon mustard
- 1 tablespoon extra-virgin olive oil
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 6 cups (6 oz/185 g) mesclun or mixed young salad greens
- 4 red radishes, trimmed and very thinly sliced
- ½ small avocado, peeled and thinly sliced
- 2 tablespoons crumbled blue cheese

Working with 1 orange at a time, cut a thin slice off the top and bottom, exposing the flesh. Stand the orange upright and, using a sharp knife, thickly cut off the peel, following the contour of the fruit and removing all the white pith and membrane. Holding the orange over a small bowl, carefully cut along both sides of each section to free it from the membrane. As you work, discard any seeds and let the sections and any juice fall in the bowl. Repeat with the second orange. When both oranges are sectioned, squeeze the membranes into the bowl to extract all of the juice.

To make the vinaigrette, in a small bowl, whisk together 2 tablespoons of the captured blood orange juice, the vinegar, and the mustard. While whisking, slowly add the olive oil in a thin stream until emulsified. Whisk in the salt and pepper. Reserve any remaining orange juice for another use.

In a large bowl, combine the mesclun, radishes, and orange sections. Pour the vinaigrette over the salad and toss gently to mix well and coat evenly.

To serve, divide the salad among individual plates. Top each portion with slices of avocado and sprinkle with the cheese.

Per Serving: 105 calories, 3 g protein, 14 g carbohydrates, 5 g total fat, 1 g saturated fat, 3 g monounsaturated fat, 2 mg cholesterol, 170 mg sodium, 4 g fiber.



From *The New Mayo Clinic Cookbook*

Recipes by Cheryl Forberg R.D. & Maureen Callahan, R.D.

Photography by Sheri Giblin

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# Realizing a Dream

Online Friendship Leads Chinese Student to UND



The friendship of David Monson of Osnabrock, ND, and Lei Ding, a graduate student from China, began in an Internet chat room dedicated to the discussion of science. He encouraged her interest in UND, his alma mater.

THEY LIVED WORLDS APART - SHE in China, he in North Dakota. She wanted to improve her spoken English, come to America and study science. He wanted to help her realize her dream.

From him, she heard stories of ice fishing (she pronounces as two separate

words) and says, hockey was a word I didn't know before meeting him.

**Lei Ding** of Jinan, China, and **David Monson** (BS '72, MEd '83) in Osnabrock, ND, met in an Internet chat room on biology several years ago. They shared much about their interest in science



and their respective cultures. It was good to practice her English with him, she says, because he speaks clearly and not too fast. Their friendship grew.

She mentioned she was thinking about attending a school in the Midwest, not a well-known one, like Harvard. They were both stunned when she said she was planning to attend UND and he told her that school is his alma mater and he lives not far from it.

What are the odds? she remembers him repeatedly saying.

He says, Of the billions of people in the world, the odds are phenomenal that he'd connect with someone aiming to attend UND.

In 2001 when more than 50 percent of Chinese student applications were being rejected (probably due to 9-11, she says), Ding became very frustrated.

I had applied for my visa four times! she said. Mr. Monson offered to write letters to officials on her behalf, but she decided to try again on her own. She finally obtained her visa and arrived in the United States in the summer of 2002.

Our first stop was Cabela's (local sporting goods store), she says of David and Mary Monson who, with their three sons have taken her in, almost as one of their own.

I have learned a lot from them, says Ding who's been included in the family's holiday celebrations and adventures for fishing and sightseeing throughout the area. They want me to know about American culture.

Her gratitude shines through as she recalls Monson telling her, Just think of Mary and I as your *American* parents.

Her American father maintains a demanding schedule as a teacher and superintendent of the Edinburg School System, a farmer and state legislator who has represented District 10 in consecutive terms since 1992. He is the assistant majority leader in the North Dakota House.

Monson and his wife have encouraged other foreign students, from Japan and Thailand, in the past. It's fun learning something about their

cultures, he says, and we've tried to teach them about ours.

They get together with their Chinese friend regularly and we want to show Lei more of North Dakota, take her around the state.

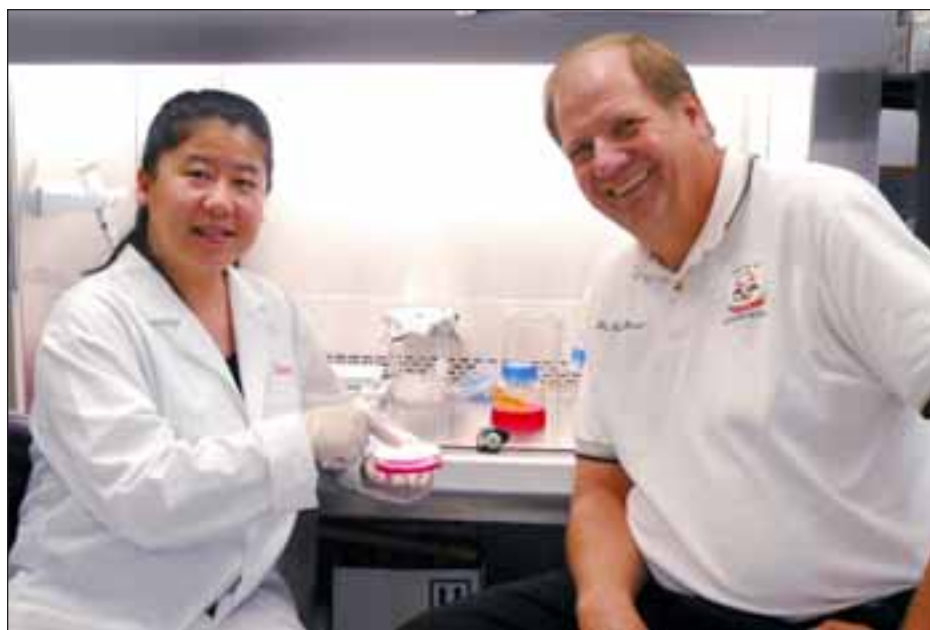
He believes she will excel in the field of science, noting that she has fit in very well with everyone at UND; she loves the culture and is so eager to learn. She is so dedicated to her studies and to science, here and in the world.

She has the ability, intelligence and drive - she can do about anything she wants to.

Ding is working toward her doctoral degree in the lab of **Gene Homandberg, Ph.D.**, professor and chair of biochemistry and molecular biology, Grand Forks. He too is grateful to Monson who helped him obtain cow cartilage for his research related to osteoarthritis.

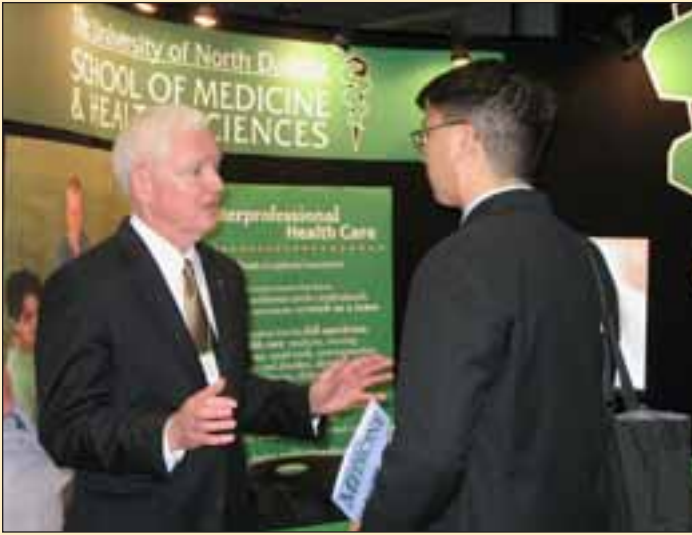
She plans to complete her doctorate in August 2007 and then go on for postgraduate studies, probably at another university in the United States. But she is firm about staying in the Midwest, because the people are so friendly .

-Pamela D. Knudson



Lei Ding, who shares her research experience with her "American father," David Monson, is working on her graduate degree in the laboratory of Gene Homandberg, Ph.D.

## Wilson to be “Dean of Deans”



**H. David Wilson, M.D.**, dean of the University of North Dakota (UND) School of Medicine and Health Sciences, was elected chair-elect of the Council of Deans at the Association of American Medical Colleges (AAMC) annual meeting Oct. 30.

The first North Dakota dean to hold such a high office in the AAMC, Wilson will assume duties as chair of the Council of Deans next fall.

The AAMC Council of Deans represents the deans from all 125 accredited U.S. and 17 accredited Canadian medical schools. The group identifies issues affecting academic medicine and develops strategies to achieve the various missions of medical schools.

The AAMC Council of Deans is instrumental in guiding the association's efforts toward excellence in medical education, research and patient care, said **Dr. Darrell Kirch**, AAMC president. He is a wise and experienced leader, and we at the AAMC, as well as his colleagues across the country, look forward to David Wilson's leadership on the Executive Council next year.

This is a terrific honor for Dean Wilson and for the University of North Dakota, said UND **President Charles Kupchella**. To be named “Dean of Deans” by the deans is clearly no small matter. It surely shows that he is highly respected as a leading figure in American medical education. We're lucky to have him.

This is not Wilson's first service in national medical associations. He was elected to the AAMC Executive Council in 2004 and has served as chair of the AAMC Section on Community-Based Deans since 2002.

From 2001-2004 Wilson was an elected member of the American Medical Association's Council on Medical Education and served as a member of the Liaison Committee on Medical Education, the 17-member

committee that is authorized by the U.S. Department of Education to accredit all U.S. and Canadian medical schools.

Wilson grew up in Johnston City, Ill. He graduated from Wabash College in Crawfordsville, Ind. before going on to medical school at St. Louis University School of Medicine. He spent 22 years at the University of Kentucky College of Medicine in Lexington and was serving as full professor and associate dean for academic affairs when he left to join the UND in 1995.

The AAMC is a nonprofit association representing all 125 accredited U.S. and 17 accredited Canadian medical schools; nearly 400 major teaching hospitals and health systems, including 68 Department of Veterans Affairs medical centers; and 96 academic and scientific societies. Through these institutions and organizations, the AAMC represents 109,000 faculty members, 67,000 medical students, and 104,000 resident physicians.

## UND Part of AAMC Professionalism Initiative

UND is the only community medical school to participate in an American Association of Medical Colleges (AAMC) initiative looking at how professionalism is addressed in the medical curriculum.

One of only 12 U.S. and Canadian medical schools chosen to participate in this project, UND played host to AAMC Robert G. Petersdorf Scholar **Linda Blank** in August. Blank is writing a report titled “Leadership and Transforming the Culture and Environment to Educate for Medical Professionalism.”

The senior staff at AAMC chose UND for the study because it already has professionalism programs in place, said Blank during her visit. The leadership is transforming and sustaining a professional culture here.

Blank also cited a few of her observations including the North Dakota work ethic, the success of the school's patient-centered learning curriculum, the large group of volunteer faculty and the school's extraordinary commitment to education.

## New Program Gives Communities a VOICE

A new program through the Center for Rural Health at the UND School of Medicine and Health Sciences will give rural communities a voice in their futures.

The Center for Rural Health received an \$80,000 grant from the Otto Bremer Foundation to implement the new, two-year Vision, Opportunity and Inspiration through Civic Engagement (VOICE) program, to draw rural communities together to build healthier communities.

## Federal Health Advisory Committee Visits Region

The Center for Rural Health at the UND School of Medicine and Health Sciences hosted members of the National Advisory Committee on Rural Health and Human Services, which advises the Secretary of the U.S. Department of Health and Human Services.

During the meetings in Grand Forks, Devils Lake and Cando, the committee gathered information on rural issues involving substance abuse, Medicare Advantage and Headstart programs to include in their annual report to the Secretary.

## Rural Assistance Center Announces New State Information Resource

The Rural Assistance Center (RAC), a national resource for rural health and human services information, has launched State Resources on its Web site, allowing easy access to continuously updated demographics and statistics, documents and resources, contacts and success stories for all 50 states.

The new State Resources features an overview of each state and its rural health and human services environment.

WEB EXCLUSIVE: Visit [www.ndmedicine.org](http://www.ndmedicine.org) to access the RAC State Resources Web site



## Medical Mission to Honduras

A Grand Forks team comprised of physicians, medical students, dieticians, nurses, teachers, college and high school students traveled to Honduras in July on a mission trip for the purpose of delivering medical care, teaching, construction and Christian education. For several members, this is their second or third trip. The medical team members included UND medical students: **Nancy Longfors, Kris French, Rebecca Rameden** and **Heidi Jordheim. RaNae Doll, M.D., 96** (clinical assistant professor) and **Jon Allen, M.D., 84** (associate professor of internal medicine), led the medical component. Dieticians **Brenna Kerr** (UND) and **Marla Love** (The Kidney and Hypertension Center), dietetics student **Lindsey French** (UND) and **Stephanie Olson, RN** (Altru) provided support for the medical team. Teachers **Lynn Christianson** (Mohall, ND), **Julie Larson** (Thompson, ND), and **Jodi Larson** (Twin Cities) assisted Honduran teachers in a remote kindergarten and students **Katherine Allen** (Concordia) and **Kristen Allen** (Red River HS) provided medical and teaching assistance. All team members participated in construction and nutrition programs. The team is just one of many teams from Grand Forks traveling to El Triunfo, Honduras. Past teams have included several medical students from UND and **Warren Jensen, M.D., (B.S. Med. 80)**, clinical associate professor of family and community medicine, and **Lucia Romuld** (EERC).

## Brown-Borg Named Gerontological Society of America Fellow



**Holly Brown-Borg, Ph.D.**, a faculty member at the UND School of Medicine and Health Sciences, has been awarded the status of fellow in the Gerontological Society of America (GSA).

The GSA Fellows represent the highest class of membership and are recognized by their peers for outstanding contributions to the field

of gerontology, the branch of science that deals with aging and the special problems of aged persons.

## \$1 Million Addition Expands Neuroscience Research Facility

Construction has begun on a \$1 million addition to the Neuroscience Research Facility at the UND School of Medicine and Health Sciences.

The new building will add 2,200 square feet of laboratory space to the research facility at Hamlin and Fifth Avenue North, just west of the medical school on the UND campus. When the addition is completed, the entire Neuroscience Research Facility will include 17,000 square feet of space.

Funding for the structure came from the U.S. Department of Health and Human Services, which provided an initial \$3 million for the original building three years ago. Senator Byron Dorgan was most helpful in securing this outstanding research facility.

## ROME Gets Students to Choose Primary Care

A study, conducted at the UND School of Medicine and Health Sciences and published in the July 2006 issue of Academic Medicine, the Journal of the Association of American Medical Colleges, showed that UND medical students who participated in the Rural Opportunities in Medical Education (ROME) program performed about the same as their classmates on national board examinations.

As a group, ROME students appeared to have a better grasp of patient care compared to students who were educated in the urban hospital-based program.

After earning their medical degrees, a total of 62 percent of the ROME graduates selected primary care residencies for further training, compared to 36 percent of traditional program graduates.

WEB EXCLUSIVE: Visit [www.ndmedicine.org](http://www.ndmedicine.org) to read the study





## Dickson Receives National Service Award



**Lynette Dickson**, project director at the UND School of Medicine and Health Sciences Center for Rural Health, received the Distinguished Service Award at the annual National Organization of State Offices of Rural Health (NOSORH) meeting recently.

Dickson received the award for making outstanding contributions to NOSORH and for being actively

involved in the state office of rural health. She was also re-elected as treasurer to the Board of Directors for the organization.

## North Dakota Students Show Interest in Health Care Fields

High school students in North Dakota are very interested in pursuing careers in the health care field, according to a study by the Center for Rural Health at the UND School of Medicine and Health Sciences.

Nearly 40 percent of North Dakota high school students indicated an interest in health care in a survey done in 25 schools throughout the state. Of those interested in health care, top career picks were to become a nurse, physician or physical therapist.

The survey was done as part of the North Dakota Nursing Needs Study, an ongoing project at the Center for Rural Health, funded by the North Dakota Board of Nursing.

## Markland Achieves Distinguished Status

**Mary Markland**, Southeast Clinical Campus librarian, Fargo, has been awarded membership in the Academy of Health Information Professionals at the Distinguished Member level. The academy is a peer-reviewed professional development and career recognition-credentialing program of the Medical Library Association. Distinguished Member status is the highest level of recognition in the Academy.

Markland was also recently elected chair-elect of the Midwest Chapter of the Medical Library Association.

## North Dakota Communities Receive AEDs

Just over 100 automated external defibrillators (AEDs) have been purchased by the Center for Rural Health (CRH) at the UND School of Medicine and Health Sciences and distributed to 78 North Dakota communities.

In the past four years, CRH has placed 550 AEDs in approximately 275 rural North Dakota communities. Through this Rural Access to Emergency Devices Grant Program, funded by the federal Department of Health and Human Services, every county in the state has at least one AED.

WEB EXCLUSIVE:

Visit: [www.ndmedicine.org](http://www.ndmedicine.org) for a complete list of communities who received an AED.



## ALUMNI NOTES

'00s

**Kevin Longie, M.D. '05** and **Kelly Longie, M.D. '05**, second-year residents in the UND family medicine program at Bismarck, were recognized during the annual Doctors Day Best of the Best Awards event this spring at St. Alexius Medical Center in Bismarck. The twins received the Most Helpful Residents award, given to physicians who have gone above and beyond during the previous year.

**Candelaria Martin, M.D. '04**, third-year resident at the UND Center for Family Medicine, Minot, received the American Academy of Family Physicians/Bristol Myers Squibb Award for Excellence in Graduate Medical Education. Award recipients represent the most outstanding family medicine residents in the country. Their performance in residency training has proven to be the finest and brightest among a large group of highly qualified applicants.

**Audrey Kost, PA-C '03**, was recognized as the Outstanding VA Healthcare Provider of the Year for 2006 by the Department of South Dakota Disabled American Veterans. Kost works at the VA Medical Center in Sioux Falls, SD.

## '00s

**Heidi Philpot, M.D. '03**, joined the faculty at Altru's Family Medicine Residency in Grand Forks, ND. She completed her residency at the same facility and is now one of six faculty physicians and 18 resident-doctors available to patients. Philpot was recently awarded the William Buckingham Outstanding Resident Award, sponsored by the North Dakota Academy of Family Physicians.

**Robin Hape, M.D. '02**, a fifth-year resident in the UND School of Medicine and Health Sciences' surgery residency program, Grand Forks, received a travel grant to attend a national meeting on the treatment of gastrointestinal cancers. The grant supported his participation in the Fifth Annual Symposium on Gastrointestinal Cancers: Integrating Recent Advances into Clinical Practice, sponsored by the American Society for Gastrointestinal Endoscopy, in October in St. Louis, MO.

**Clayton Fetsch, M.D. '01**, began his practice at St. Luke Hospital in Hillsboro, KS. He is trained in general surgery but has a special interest in laparoscopic procedures. Fetsch completed his surgical residency and internship at the University of Kansas School of Medicine in Wichita.

## '90s

**David Burt, M.D. '99**, has joined the School of Medicine at the University of Virginia in Charlottesville, VA, as an assistant professor. He is working as an attending physician in the emergency department and is engaged in teaching, research and administration. His area of special interest is cardiovascular emergency medicine, particularly the treatment of acute MI (myocardial infarction). After graduating medical school at UND, Burt served as a volunteer physician in Guatemala, completed residency training in emergency medicine at Butterworth Hospital in Grand Rapids, MI, and was the nation's first graduate from the University of Virginia's unique fellowship in cardiovascular emergency medicine.

**Christa Andrews-Fike, M.D. '96**, joined ThedaCare Physicians-Shawano in Green Bay, WI. Andrews-Fike is certified in family medicine, advanced trauma, life support, advanced cardiac life support, neonatal and pediatric advanced life support. She completed her residency at the University of Tennessee Department of Family Medicine, where she was the chief resident. She is a member of the American Academy of Family Physicians and the American Medical Association.

**Kent Diehl, M.D. '93**, has joined the Kidder County Primary Health Care Corporation in Steele, ND, as a primary care physician. He completed his residency in Bismarck at the UND Family Practice Center.

## '80s

**Andrew McLean, M.D. '87**, is the new medical director of North Dakota's state mental hospital in Jamestown. He will continue to hold his position as medical director of the Southeast Human Service Center in Fargo while serving in his new job in Jamestown. McLean also serves as a clinical professor of clinical neuroscience for the medical school.

**Timothy Henry, M.D. (B.S. Med. '80)**, of Wayzata, MN, received an Innovator Award from the American College of Cardiology, Minnesota Chapter. Henry has been a pioneer in organizing innovative strategies to treat acute myocardial infarction in community hospitals. He established a level one heart attack program for Abbott Northwestern Hospital with the results cited by hospitals around the world as they seek to replicate what he has done. He also has been a leader in understanding how to reduce door-to-balloon times for patients suffering from heart attacks.

## '70s

**Mark Wiest, M.D. '77**, has been named medical management executive for CIGNA HealthCare. Based in Green Bay, WI, Wiest is the medical lead for CIGNA's health benefits plans throughout the region, including health advocacy, disease management and medical management. Wiest joined CIGNA from Prevue Health Services in Green Bay, WI, where he served as senior vice president and chief medical officer since 2003. Previously he was medical director for CIGNA HealthCare of Arizona. He has a master's degree in administrative and preventive medicine from University of Wisconsin-Madison.

## '60s

**Glenn Thoreson, M.D. (B.S. Med. '64)**, of Mayville, ND, received the Community and Professional Services Award from the North Dakota Medical Association. Having spent over 35 years as a family physician, Thoreson is retired and works part-time with a clinic in Valley City, ND.

**Patrick Kavaney, M.D. (B.S. Med. '63)**, joined North Country Urology, a new service opened by North Country Health Services in Bemidji, MN. Kavaney completed his degree at Northwestern Medical School, an internship at Denver General Hospital, a general surgery residency at the University of Minnesota and a urology residency at Stanford University. Prior to joining North Country Urology, he worked as a urologist at MeritCare Clinic-Bemidji.

**David Richter, M.D. (B.S. Med. 50)**, of Virginia, MN, died Sept. 3, 2006.

After earning the Bachelor of Science in Medicine (B.S. Med.) degree at the UND medical school, he went on to earn the Doctor of Medicine degree at the University of Illinois-Chicago Health Sciences Center. He practiced internal medicine.



**Dennis Trzpuc, M.D. (B.S. Med. 66)**, died April 12, 2006 in Minot.

A native of Edgeley, ND, he graduated from Wilton (ND) High School and earned the Bachelor of Arts degree from Dickinson State University in 1964. He received the B.S. Med. degree at UND in 1966 and went on to complete the Doctor of Medicine degree at Wayne State

University School of Medicine in Detroit, MI. He took internship training at then-St. Luke's Hospital in Fargo from 1968 to 1969.

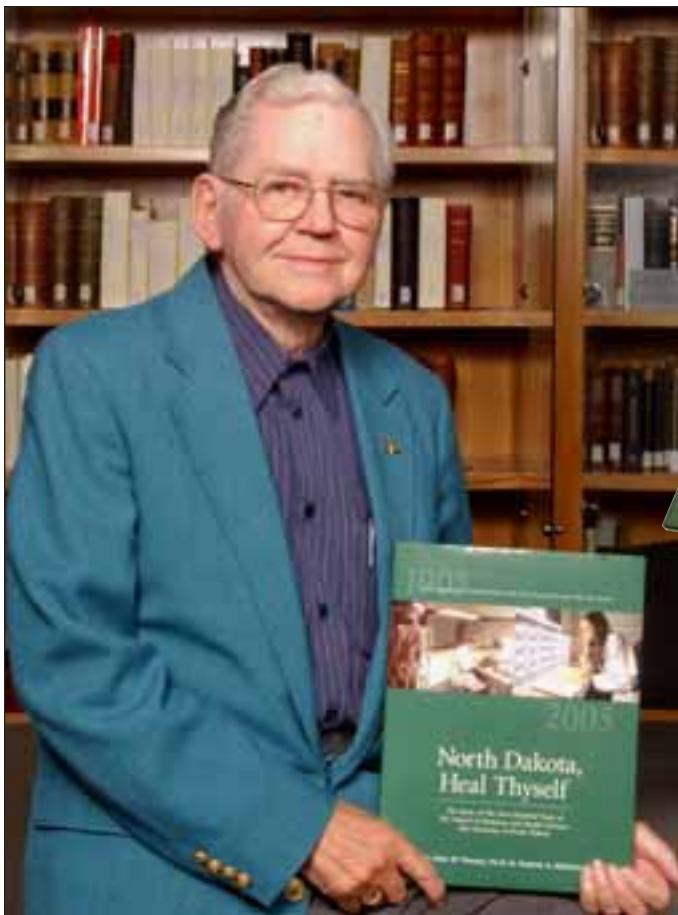
Following his service in the U.S. Air Force, from which he was honorably discharged as a captain in 1971, he took diagnostic radiology residency training at Indiana University

Medical Center in Indianapolis, IN. He completed that training in 1974 and moved to Minot. He became board-certified in radiology.

A former staff member of St. Joseph's Hospital and Trinity Medical Center in Minot, he was an affiliated member of Medical Arts Clinic where he had served as chairman of the radiology department from 1985 to 1993. He was on staff at St. Alexius Medical Center in Bismarck, Mercy Medical Center in Williston and several other community hospitals in North Dakota, and was a member of the North Dakota College of Radiology, for which he served as president.

At the time of his death, he was self-employed, doing locum tenens practice at the Quentin M. Burdick Healthcare Facility in Belcourt, ND; Heart of America Medical Center in Rugby, Mercy Hospital in Devils Lake and Fairlight Medical Imaging in Williston.

He is survived by his wife, Betty, Minot, and children: **Shelley (Hani) Trzpuc, M.D. 00**, Franklin, TN; **Trent Trzpuc, M.D. 00**, Milwaukee, WI; **Blake Trzpuc (BS 99)**, Plymouth, MN, and Shane (Michelle) Barber, Minot. He was preceded in death by his parents, Harold and Angela (Weinmann) Trzpuc, and first wife, Patty.



The Government Documents Roundtable of the North Dakota Library Association has named North Dakota, Heal Thyself, by **John W. Vennes** and **Patrick A. McGuire** and issued by the University of North Dakota School of Medicine and Health Sciences Press, as the most Notable Document published in North Dakota during 2005-2006.

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## NORTH DAKOTA FOCUS ON PROVIDERS

The following is a listing of communities in North Dakota with current openings for *all* specialties. Please contact the site directly or Mary Amundson, M.A., at the Center for Rural Health, UND School of Medicine and Health Sciences for more information about these opportunities at (701) 777-4018 or [mamundson@medicine.nodak.edu](mailto:mamundson@medicine.nodak.edu).

### Belcourt

Quentin N. Burdick Memorial Hospital  
Vina Bohling, IHS Recruiter, (605) 226-7581  
[Vina.Bohling@ihs.gov](mailto:Vina.Bohling@ihs.gov)  
OR LaVerne Parker, CEO  
[LaVerne.Parker@ihs.gov](mailto:LaVerne.Parker@ihs.gov)  
Family medicine

### Bottineau

St. Andrew's Health Center  
Jodi Atkinson, CEO  
(701) 223-9300  
[jodia@standrewshealth.com](mailto:jodia@standrewshealth.com)  
Family medicine,  
Registered nurses

### Cando

Towner County Medical Center  
Tim Kennedy, administrator,  
(701) 968-4411,  
[timt@tcmedcenter.com](mailto:timt@tcmedcenter.com)  
Family medicine

### Carrington

Carrington Health Center  
Sarah Aberle, (701) 652-3141  
[sarahaberle@catholichealth.net](mailto:sarahaberle@catholichealth.net)  
Nurse practitioners, physician assistant, physical therapist, occupational therapist

### Cavalier

Altru Cavalier Clinic  
Jean Keller, Recruiter,  
(701) 780-6000, [jkeller@altru.org](mailto:jkeller@altru.org)  
Family medicine

### Pembina County Memorial Hospital

K S Sumra, M.D.,  
(701) 265-8461,  
[sumra@polarcomm.com](mailto:sumra@polarcomm.com)  
Family medicine,  
internal medicine,  
general surgeon

### Crosby

Crosby Clinic  
Keith Baker, manager  
(701) 965-6349,  
[kbaker@dcstlukes.org](mailto:kbaker@dcstlukes.org)  
Family medicine

### Dickinson

Dickinson Clinic / Medcenter One  
Rod Mitzel, (800) 695-7245,  
[rmitzel@mohs.org](mailto:rmitzel@mohs.org)  
Family medicine, internal medicine, general surgery

### Elgin

Jacobson Memorial Hospital  
Doug Wamack, administrator,  
(701) 584-2792,  
[dwamack@westriv.com](mailto:dwamack@westriv.com)  
Family medicine,  
nurse practitioner, physician assistant, registered nurses, licensed practical nurses, clinical laboratory science (MT)

### Fort Yates

Fort Yates Indian Hospital  
Vina Bohling, IHS Recruiter,  
(605) 226-7581,  
[Vina.Bohling@ihs.gov](mailto:Vina.Bohling@ihs.gov)  
Family Medicine

### Hazen

Hazen Family Clinic  
Dennis Goebel, Administrator,  
(701) 463-6505,  
[dgoebel@primecare.org](mailto:dgoebel@primecare.org)  
Family medicine or internal medicine

### Kenmare

Kenmare Community Hospital  
Shawn Smothers  
(701) 385-4296,  
[Shawn.Smothers@trinityhealth.org](mailto:Shawn.Smothers@trinityhealth.org)  
Family medicine or internal medicine, nurse practitioner, registered nurse, licensed practical nurse

### Lisbon

Family Medical Clinic, PC  
Lynn Otterson, manager, (701) 683-4711, [lotter@drtel.net](mailto:lotter@drtel.net)  
Family medicine

### Oakes

Southeast Medical Center  
Theresa Kelly, administrator,  
(701) 742-4113,  
[terri@semed.com](mailto:terri@semed.com)  
Family medicine or internal medicine

### Rolla

Rolla Clinic  
June Banse, manager,  
(701) 477-3111,  
[rolclin@utma.com](mailto:rolclin@utma.com)  
Family medicine with obstetrics

Presentation Medical Center  
Kimber Wraalstad, CEO  
(701) 477-3161,  
[kimberw@utma.com](mailto:kimberw@utma.com)  
Internal medicine, registered nurse - ER/OR, speech pathology

### Rugby

Johnson Clinic, PC  
Bonnie Mattern, administrator,  
(701) 776-5235 ext. 407,  
[bonniehr@gondtc.com](mailto:bonniehr@gondtc.com)  
Family medicine, internal medicine, obstetrics

Heart of America Medical Center  
Sandy Hageness, Executive Assistant,  
(701) 776-5455 ext. 2218,  
[gsha@gondtc.com](mailto:gsha@gondtc.com)  
Family medicine with obstetrics

### Stanley

Stanley Community Hospital  
Mitch Leupp, Administrator,  
(701) 628-2442,  
[admin@stanleyhealth.org](mailto:admin@stanleyhealth.org)  
Family medicine, registered nurse

### Tioga

Tioga Medical Center  
Randall Pederson, CEO, (701) 664-3305, [randy@nccray.net](mailto:randy@nccray.net)  
Family medicine, internal medicine, registered nurse, licensed practical nurse

### Valley City:

MeritCare Health System  
Jill Gilleshammer, Physician Recruiter, (701) 280-4851,  
[jillgilleshammer@meritcare.com](mailto:jillgilleshammer@meritcare.com)  
OR

MeritCare Valley City  
Linda Lane or Brad Braunagel MD, (701) 845-6000,  
[Linda.lane@meritcare.com](mailto:Linda.lane@meritcare.com)  
Family medicine, internal medicine

Dakota Clinic/Valley City  
Connie C. Long, Director of Physician Recruitment (800) 882-7310 or (701) 364-6141,  
[clong@dakcl.com](mailto:clong@dakcl.com)  
Pager: (701) 364-8181, #1273  
Family Practice

### Wahpeton:

MeritCare Health System  
Jill Gilleshammer, Physician Recruiter, (701) 280-4851,  
[jillgilleshammer@meritcare.com](mailto:jillgilleshammer@meritcare.com)  
Family medicine, surgery

Dakota Clinic/Wahpeton  
Family medicine or internal medicine

### Watford City

McKenzie County Healthcare Systems  
Kris Pacheco, administrator,  
(701) 842-3000,  
[pacheco@ruggedwest.com](mailto:pacheco@ruggedwest.com)  
Family Practice physician

### Williston

Mercy Medical Center  
Janice Arnson, (701) 774-4788,  
[JaniceArnson@catholichealth.net](mailto:JaniceArnson@catholichealth.net)  
Family medicine, internal medicine, general surgeons, pediatrics, registered nurses, licensed practical nurses, clinical laboratory science, x-ray technician, orthopedic surgeons

## Malpractice Bowl



The annual Malpractice Bowl is the highlight of the friendly rivalry between UND's School of Law and School of Medicine and Health Sciences. Both men and women field teams in this flag football game played in the fall on the UND campus. The men lost 6 to 19, the women won 13 to 7.

## Young Alumni Achievement Award



Milissa McKee, M.D. '92, director of the Yale-New Haven Children's Hospital center for pediatric minimally invasive surgery, was the first graduate of the School of Medicine and Health Sciences to receive a Young Alumni Achievement Award from the UND Alumni Association and Foundation in October.

## '96 Reunion



Classmates from the M.D. class of '96 gathered for a reunion during Homecoming 2006



## Memory Walk



Nearly 30 volunteers from the occupational therapy department at the UND School of Medicine and Health Sciences participated in the Alzheimer's Association Memory Walk in Grand Forks this fall.



## AAMC Annual Meeting



Faculty and staff shared information on the UND School of Medicine & Health Sciences with participants of the Association of American Medical Colleges annual meeting in Seattle in October.

Photos provided by Rob Carolin, UND School of Law; Cindy Janssen, occupational therapy department; Megan Anderson, UND Alumni Association and Foundation and RaNae Doll, M.D. '96, Spearfish, SD.





# Happy Holidays

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